

# SPRING/SUMMER ONLINE MEDITATION GROUP

Led by: Elaine Huang, MSW, MA

MAY - Tuesdays                      JUNE - Thursdays  
5/4, 5/11, 5/18, 5/25              6/3, 6/10, 6/17, & 6/24

~ 7:00 - 8:00 PM MST ~

*Growing together  
Spiritual community*

*Inspiration and support for your practice*

Format: 20 minute meditation  
20 minute teaching and 20 minutes for Q&A  
Cost: \$5 - \$15

Elaine is the spiritual teacher for Embodiment of Freedom. She has been a meditator for over 30 years and led nearly 100 meditation intensives in various settings since 1992.

Elaine has guided hundreds of individuals through all phases of spiritual growth. Her meditation retreats and online intensives promote spiritual insight and offer practical tools that help people draw upon the peace that is always here.

Please visit [www.mayyouawaken.com](http://www.mayyouawaken.com)  
for the Zoom link  
or email [mayyouawaken@gmail.com](mailto:mayyouawaken@gmail.com)  
or call (406) 582-8694.

